

WEATHER TOMORROW

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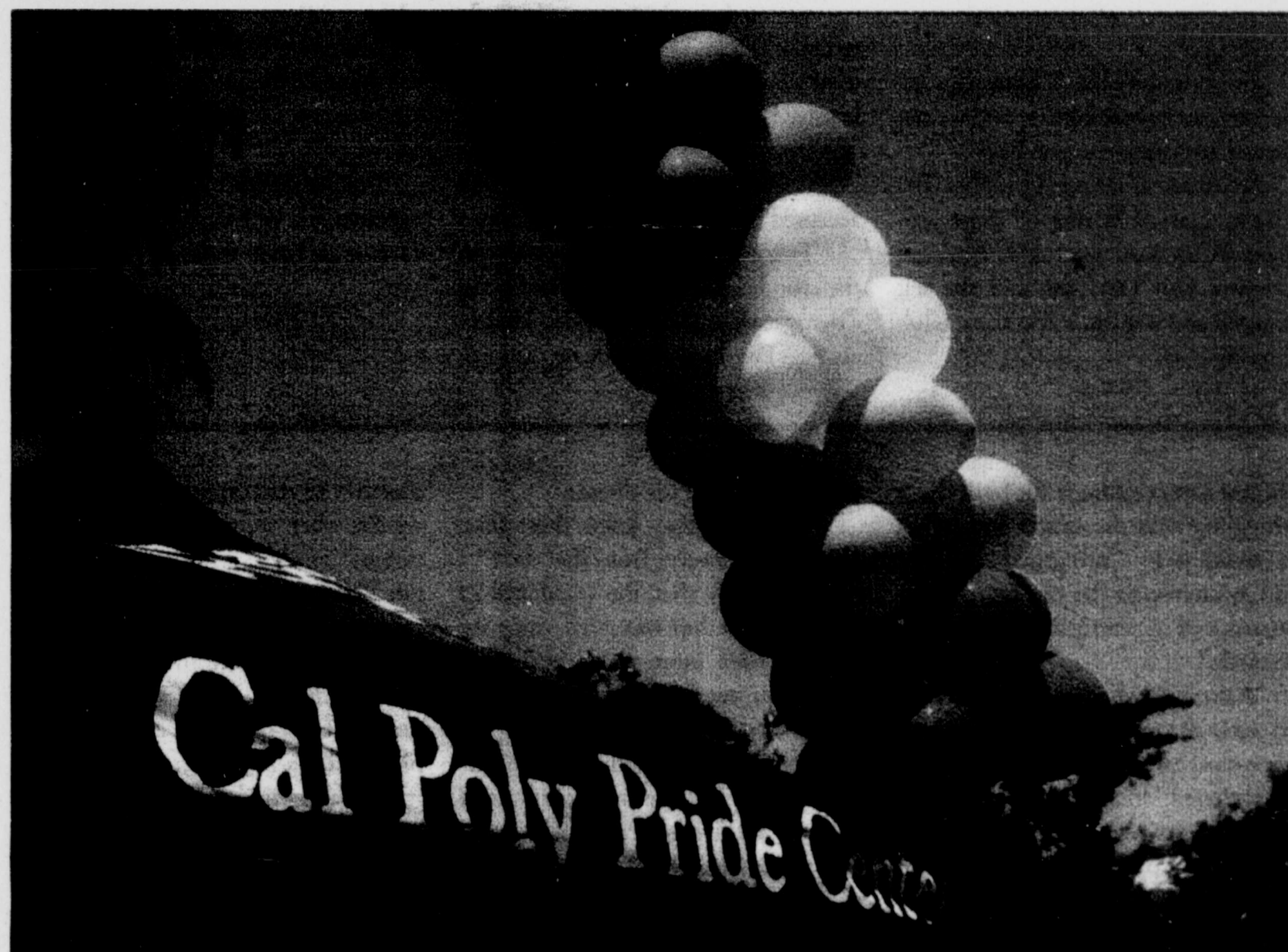
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Cal Poly's Pride Center celebrates National Coming Out Day



MUSTANG DAILY FILE PHOTO

Cal Poly's Pride Center is celebrating National Coming Out Day in an effort to not only encourage students to "come out" to peers, but also to increase awareness about the increase in LGBTQIA suicides around the country.

Hannah Croft

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Cal Poly's Pride Center will celebrate National Coming Out Day in the University Union (UU) today.

Pride Center coordinator Jessica Cresci said she isn't too concerned about people coming out on National Coming Out Day. More than anything, she wants people to join her to celebrate diversity and promote tolerance.

"It's not so much about people coming out," Cresci said. "It's about raising awareness."

There were 11 suicides in the past two months in the national lesbian, gay, bisexual, transgender, questioning, intersexual and ally (LGBTQIA) community, all between the ages of 13 and 21. Cresci said the suicides were due to discrimination and intolerance from their peers. To honor the deceased, there will be a candlelight vigil in the UU Plaza from 6 to 7 p.m. tonight.

"I don't want to have a memorial because National Coming Out Day is a celebration," Cresci said. "But I want people to know it's an issue."

In addition to the vigil, the Pride Center arranged to have the Washington Consulting Group, which specializes in human development workshops, to hold a workshop.

Dr. Jamie Washington, who heads the Maryland-based organization and has a doctorate in college student development with a concentration in multicultural education, will lead the workshop focusing on the intersections of racism and heterosexism in Chumash Auditorium tonight at 7 p.m.

Washington, who has promoted National Coming Out Day since its founding in 1987, said this year is special because LGBTQIA suicides are getting more media coverage and discrimination is becoming a more apparent issue.

Washington said he can't know exactly what caused the recent suicides, but he wishes he could understand first-hand.

"I wish we could have talked," he said. "Then maybe I could have understood; maybe I could have helped."

see *Pride*, page 2

Save the ta-tas: October is Breast Cancer Awareness Month

Alicia Freeman

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With breast cancer becoming one of the leading killers of women in America, sorority alpha Kappa Delta Phi (aKDPi) is celebrating and supporting October as National Breast Cancer Awareness Month (NBCAM) by selling bracelets, pins and their faces to help raise funds for the Susan G. Komen for the Cure foundation and the Avon Breast Cancer Crusade.

Throughout the month of October, aKDPi will have a booth set up with information and the bracelets and pins every Monday and Thursday from 11 a.m. to 3 p.m. in the University Union (UU). Princess Rivera, a biomedical engineering sophomore said it is not only important to have people "recognize" her sorority, but also address the "major problem" of breast cancer and help to inform her peers about the illness' dangers.

"I think (young women) should take more precautions, as well as men, because men can get (breast cancer)

too," Rivera said.

The sorority will not only be spreading information at its table, but also selling bracelets and pins.

In addition, according to the sorority's website, it will host a "Bowl-4-The-Cure" night at Mustang Lanes on Oct. 20 from 8 to 10 p.m., which will cost \$5 to play and for the shoe rentals.

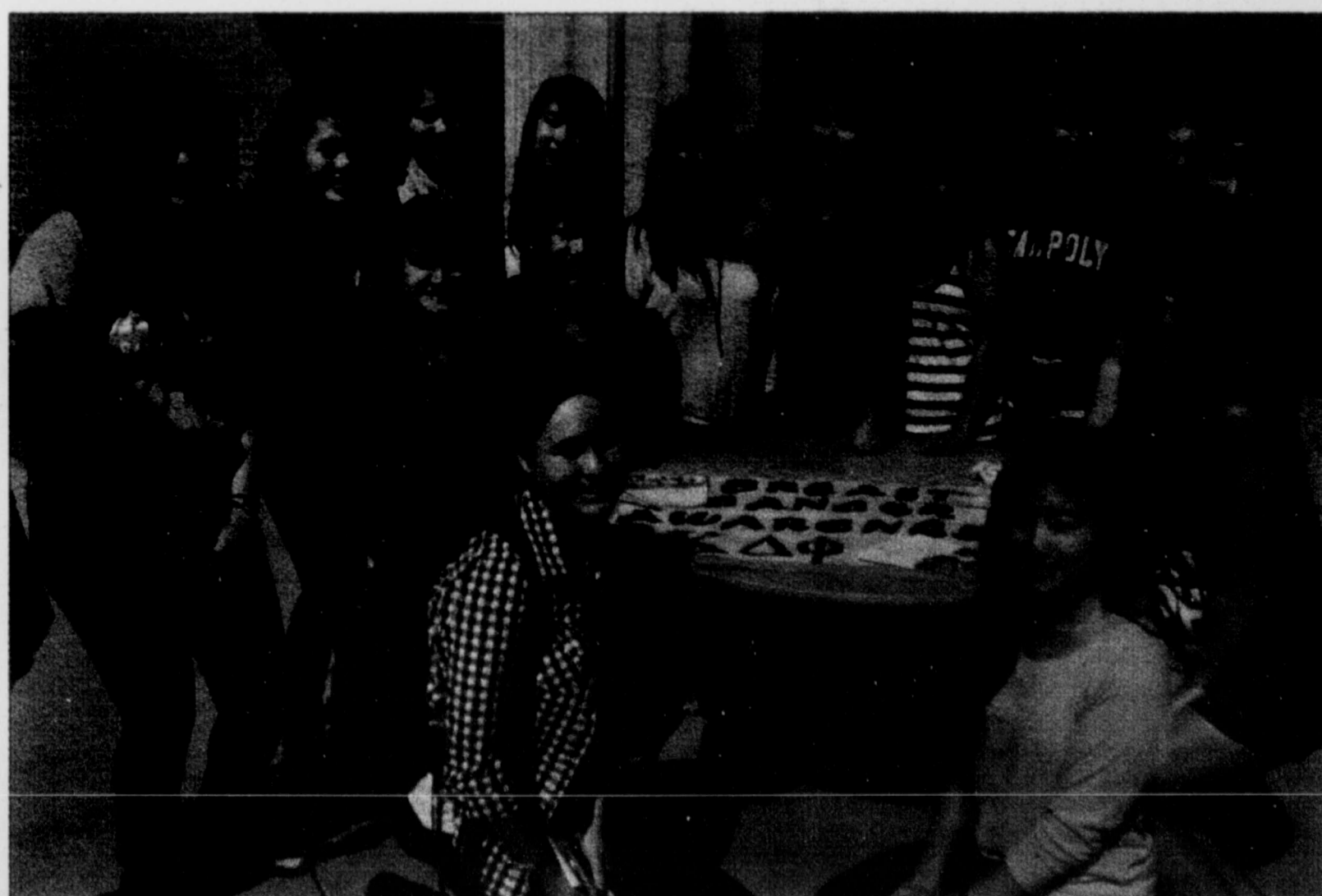
aKDPi also will hold the "Pie-a-KDPi," which will allow participants to make "a pie made of anything from whipped cream to fish sauce" and "smash" it in a sorority member's face, in the UU Plaza on Oct. 14 from 11 a.m. to 12 p.m. It costs \$5 for a pie and \$2 for additional toppings.

All of the proceeds will go to the Avon Breast Cancer Crusade.

Andrea Kang, a journalism sophomore who is also a member of aKDPi, said it shows the sorority's commitment to breast cancer awareness.

"We're (mostly) selling our faces," Kang said.

see *Breast Cancer*, page 2



MANON FISHER MUSTANG DAILY

alpha Kappa Delta Phi will host a booth to encourage breast cancer awareness throughout the month, as well as a "Pie-a-KDPi," event in which participants will be able to put a pie of their own making in any of the sorority member's faces.

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USE?

Pride

continued from page 1

Despite the recent influx, Washington said suicides like this aren't uncommon.

"There's a history of sexuality related suicides," he said. "It's just at the forefront of the media right now. But it's really nothing new."

Like Cresci, Washington encourages students to ask questions of the LGBTQIA community and to take advantage of opportunities to learn about sexuality-based rights issues.

Anyone attending the resource fair is encouraged to ask any questions they have, Cresci said.

The fair will include organizations from both on and off campus, like San Luis Obispo County's chapter of Parents, Families and Friends of Lesbians and Gays (PFLAG) and Cal Poly's own Spectrum Club.

Spectrum is working to build a giant closet and will host a photo booth where students can come out, in a literal sense.

Electrical engineering junior Ryan Turner is involved with both the

Spectrum Club and the Pride Center and said he has high hopes for an exciting Coming Out Day.

"It's going to be really fun," Turner said. "Last year I was really intimidated, but now I'm happy to be involved."

National Coming Out Day is

people who are different from them."

Additionally, Cresci said the Pride Center encourages students to share their stories year round.

"I have seen and met a lot of students who said this is the date they decided to come out on campus," Cresci said.

I feel like students walk around campus in a bubble. They don't really know what's going on around them.

— Jessica Cresci
Pride Center Coordinator

geared toward students who aren't yet comfortable with getting involved. The day is dedicated to starting conversation, inspiring students and raising awareness — not just to coming out — Cresci said.

"We want to give students a chance to come and talk with us," she said. "We want to get people thinking about

"I just want everyone to know that we are here, we have resources, and we can answer any questions you have."

Aerospace engineering sophomore Corina Harvey is one of those students. After participating in National Coming Out Day, she said she felt inspired and went to a Spectrum Club meeting.

"Everyone was going around telling their stories of coming out, and I got really excited," Harvey said. "So when they got to me I said, 'This is my coming out story.' It felt amazing."

The Pride Center has seen an increase in participants over the past few years, Cresci said, but they welcome any new and interested students.

"It would be great to see our numbers double," she said. "We have a solid group of 20 or so, and I would love to see that grow."

Cresci said Cal Poly is generally a welcoming and accepting campus, an observation that is reflected in student's attitudes.

Environmental horticulture junior Jon McClain said that coming out at Cal Poly was a relatively simple feat.

"This is the easiest group of people to come out to," McClain said. "I was totally intimidated at first but now I'm involved in everything possible."

Cresci said there was a time when LGBTQIA students weren't so well accepted in the Cal Poly community.

"Two years ago, there was a party in the crop house," she said. "They hung a derogatory sign, noose and confederate flag. I've always felt safe on campus,

but that was the one time I questioned that safety."

She also recalled the 2008 elections, when Proposition 8 was on the ballot.

"Right before the election, people got pretty crazy," she said. "Usually, people keep to themselves."

Cresci hopes National Coming Out Day will not only celebrate tolerance, but will inspire others to come out of their shell and learn more.

"I feel like students walk around campus in a bubble. They don't really know what's going on around them," she said. "National Coming out Day will hopefully get them talking, and get them listening."

National Coming Out Day is about embracing who you are, Cresci said, but it's also about embracing people who are different from you.

"Everyone is different, this is just one kind of difference," she said. "So many people are scared of us, but we're not scary."

The National Coming Out Day resource fair will be in the UU from 11 a.m. to 1 p.m. today.

Breast Cancer

continued from page 1

Although aKDPHI is taking a fun-loving approach to informing peers, breast cancer still remains a distinct problem in American society. The NBCAM website said "according to the American Cancer Society... an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year," and "an estimated 40,170 women are expected to die from the disease in 2009 alone."

Lisa Hughes, the senior director of policy and advocacy for the Prevent Cancer Foundation, one of the sponsors for NBCAM, felt that breast cancer is not a new issue; rather, it has been a long running one.

"(NBCAM) started 25 years ago when pharmaceutical company Astra Zeneca brought non-profit organizations together to launch a campaign

to raise awareness about breast cancer awareness and mammography," Hughes said. "Prevent Cancer Foundation is also celebrating our 25th anniversary and became involved in Breast Cancer Awareness Month very shortly thereafter. Breast cancer awareness and early detection has been a priority for us ever since."

Hughes also said making an event of breast cancer awareness is important for women to address the dangers of cancer, especially for young women.

"Young women should know their family history for the disease and talk to their health care provider about practicing self exams and screening based on risk," Hughes said. "Young women should also know their bodies and health history, know what is normal and talk to a health care provider if something is abnormal. Also, don't use tobacco, eat healthy diets and exercise."

Hughes said survivors are an im-

portant source of hope for both those struggling with the cancer and trying to avoid it by "bring(ing) visibility and awareness to the disease, the importance of screening and funding for research."

"A survivor who has found her cancer early through screening can be an important catalyst for other women to get screened," Hughes said. "Survivors who share stories of survival can be of significant support and inspiration for others undergoing treatment."

Joy Simha, an executive committee member of another sponsor of NBCAM, the National Breast Cancer Coalition (NBCC), said breast cancer is more "complex" than just selling bracelets and getting pied in the face.

"Simply put, breast cancer is not one disease," Simha said. "We know, in fact, that it comes in many different types of cancers, and if you get the deadly kind, no means of early detection or awareness will make a difference in how you get treated and if you

ultimately die of the disease."

Simha said they knew these facts about breast cancer from the "data."

"We know that the incidence of breast cancer has increased since we have become more aware and since we began recommending screening mammography," Simha said. "We know that we are finding more earlier cancers, but the same amount of women are dying of the disease and we are not finding less later stage cancers."

In an effort to find a cure for this disease, the NBCC has set a "deadline" for 2020. According to the NBCC's deadline website, with accomplishments such as the discovery of the Polio vaccine happening in seven years and getting a man to land on the moon in "8 years, 1 month, and 26 days," the NBCC said to find a cure is not "impossible."

Simha, also, said the discovery of a cure in 10 years is attainable.

"No one has asked them to work

together to accomplish a mission like we did when we wanted to get to the moon," Simha said. "I believe if we put all the brightest minds to work on this goal, we will accomplish it."

In addition, Simha said she did not like the way breast cancer awareness has been presented as "pretty and pink and spa-like." Instead, she wants it to be addressed as "something more meaningful."

"It's more difficult work," Simha said. "It does not feel good in the here and now, but it's worth it if we make it happen."

Hughes also said the search for a cure should be taken more seriously.

"The government needs to continue to fund cancer research, basic and clinical, at a high level," Hughes said. "If our country continues to make a significant investment in understanding the cause of the disease and investing in new screening tools and treatments, I hope that we will have made great progress over the next 10 years."



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Word on the Street

Do you think furloughs for the CSUs this year would be a good or bad idea?



"I think it would be good if the school already had enough money."

— Lesley Telford, biomedical engineering grad student



"I think it's nice to not have to go to class. I have so little time anyway."

— Tommy Hong, industrial engineering sophomore



"I don't think it's good that teachers have to cut down on office hours."

— Elsa Ruiz, biological sciences junior



"I think it would be better if there could be university-wide furlough days."

— Tyler Franklin, biomedical engineering grad student



"I don't like losing out on class time I paid for."

— Dane Jacobs, recreation, parks and tourism administration senior



"I liked them, but I think university-wide furloughs would be better."

— Sarah Kulich, fruit science junior

Rescue mission in Chilean mine makes a long-awaited breakthrough

Chris Kraul

LOS ANGELES TIMES

When the drill finally broke through to the miners Saturday, sounds erupted in a symphony of relief: the cheers of family members, the blowing of horns throughout the mine, and the shouts of the men 2,300 feet below.

For more than two months, the 33 miners have been trapped in their pitch-dark, claustrophobic refuge after a cave-in at the mine in the Atacama desert in northern Chile. At one point, they were even left for dead.

But at 8 a.m., the whine of the rescuers' powerful drill as it punched through the rock to reach a tunnel used by the men signaled that the end of their ordeal could be near.

Later Mining Minister Laurence Golborne said pulling the trapped men up to the sunlight could begin Wednesday after the shaft is partially lined with casing to cover the roughly 300 feet closest to the surface and a winch is installed for the rescue pod.

Golborne said he foresaw no problems with the attempt, but "all rescues carry risks. You can't ever say it doesn't exist in this kind of operation."

Despite its forbidding desert mountain setting, the tent village dubbed Camp Hope began to take on a festive air in anticipation of a happy ending. At a balloon-festooned stage where a Mass was celebrated Saturday night, a

clown named Rolli led the miners' children in songs and games.

Loved ones who have held a constant vigil and braved the kind of international media swarm that accompanies the election of a pope, expressed happiness mixed with anxiety as the "Plan B" shaft reached the miners.

"We're very happy to hear that they reached them, because my father-in-law needs to get out of there as soon as possible," Claudia Jimenez said of trapped miner Omar Regadas, 56. "He is very stressed out, and he is beginning to have eye problems from being in the dark so long."

Nine-year-old Nicolas Regadas had a message for his grandfather: "I want him to know that I have been waiting here to hug him."

When the escape shaft is complete, the miners are to be brought to the surface one at a time in a half-ton metal capsule only 26 inches in diameter.

The pod will be lowered to a point more than 2,000 feet below the surface at a tunnel adjoining the 600-square-foot "refuge," which had been the miners' lunch room and became their prison.

Lifting each miner will take 30 minutes to an hour. After a couple of hours at a makeshift clinic nearby, each will be airlifted by helicopter to the Copiapo Regional Hospital for two days of observation.

Adjusting to the feeling of no longer

being buried alive will take longer.

"Los 33," as they called themselves, have endured 90-degree heat and 90 percent humidity that made their living quarters a sauna.

They have lived on carefully measured rations lowered through a smaller shaft and a prescribed exercise program. Their medical condition has been closely monitored, as has their mental state; each talked to a government-commissioned psychologist once a day.

The drilling to reach the men has been a life-and-death race to bore through tons of rock.

The U.S.-made Schramm T130 drill began boring down at the San Jose mine on Sept. 3, one of three drilling operations that have been rushing to free the miners. The fact that they were alive was discovered Aug. 22, after a terrifying limbo of 17 days in which authorities feared that they were all dead.

The miners will have to use explosives to widen the mouth of the rescue shaft where it meets the tunnel. Miguel Fortt, an independent mining engineer and consultant who is advising the miners' families, said in an interview Friday that the widening is to ensure that the metal capsule has room to settle on the mine's uneven floor without damaging the tube-like enclosure.

He said the miners are accustomed to using explosives and that the widening should not involve any great additional risks.

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Senior, Biomedical Engineering

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Briefs

State

SAN JOSE (MCT) —

A brush fire briefly threatened San Jose's landmark Eggo plant Saturday evening and consumed a nearby building that includes the tower for a local Asian-language radio station.

About 40 workers were evacuated from the Eggo Way factory, which makes the popular frozen waffles there. The building was enveloped in smoke, but there were no injuries to the workers. The blaze started shortly before 5 p.m. between the Kellogg's plant and U.S. Interstate 101.

...

CARLSBAD (MCT) —

A gunman ranting about President Obama fired on an elementary school playground in Carlsbad at lunchtime Oct. 8, wounding two children before construction workers tackled him.

The injured girls suffered graze wounds in the arm, possibly from shrapnel, authorities said.

Armed with a handgun, the assailant stepped onto the sidewalk next to the playground and started fired "wildly."

The suspect was arrested at the scene and taken to a hospital.

National

WASHINGTON (MCT) —

Police believe that some unknown drug was slipped into drinks at a house party attended by college-aged students, sending 12 people to a Washington hospital, authorities said Saturday.

Students who attended the party told a local television station that they believed vodka at the party had been spiked with "roofies," known as a date-rape drug.

When school officials confirm the identities of the students involved parents will be notified.

...

CONNECTICUT (MCT) —

A Buddhist monk asked by a woman to bless a new apartment became ensnared in an extortion plot that involved exchanging money in a parking lot at Westfield Trumbull Mall.

The monk was detained inside the apartment by Tuan Nguyen, 32, Trumbull Police said.

The monk was allowed to leave after agreeing to pay \$30,000 in exchange for a compromising videotape. An exchange was arranged with the U.S. Secret Service, and Tuan Nguyen was arrested on a warrant without incident.

International

PAKISTAN (MCT) —

Pakistan on Sunday reopened a border crossing into Afghanistan used by trucks and tankers that supply NATO troops, ending an 11-day blockade after a NATO helicopter cross-border incursion that killed two Pakistani soldiers.

Although U.S. officials said the border reopening was welcome, relations between Islamabad and Washington remained tense.

That decision came four days after the U.S. government and NATO formally apologized for the deaths of the Pakistani soldiers.

...

IRAN (MCT) —

Iran's atomic energy chief acknowledged that Western spies had infiltrated the country's nuclear program but that Iranian officials had countered their efforts.

The head of the Atomic Energy Organization said officials have increased security to make it "almost impossible" for secrets to leak out. The United States suspects Tehran of pursuing nuclear weapons capability, which Iran denies.

The agency's security department now regularly interviews staff members.

Food and Drug Administration cracks down on investigations

Andrew Zajack

TRIBUNE WASHINGTON BUREAU

Within a recent two-week span, the Food and Drug Administration weighed in on the issue of genetically engineered salmon, announced tighter controls on a popular anti-diabetes drug, and rebuked the makers of popular mouthwash products over misleading advertisements.

Simultaneously, it warned consumers that devices supposedly offering protection against sudden infant death syndrome could themselves be lethal, and it pressed ahead with investigations into the biggest recalls in history of eggs and children's pediatric medicines.

The flurry of activity reflects a regulatory activism that seems destined to ramp up as the Obama administration seeks to further its agenda through executive orders rather than through an increasingly contentious Congress.

The FDA has long been seen by consumer groups as too slow, too entangled in its own bureaucracy and too cozy with the industries it was supposed to regulate.

Now, "I think the general approach has clearly been more warning letters, more regulatory activity, a much more rigorous approach to regulating products on the market," said Kenneth Kaitin, director of the Tufts Center for the Study of Drug Development, a non-

profit research institute partly funded by pharmaceutical firms.

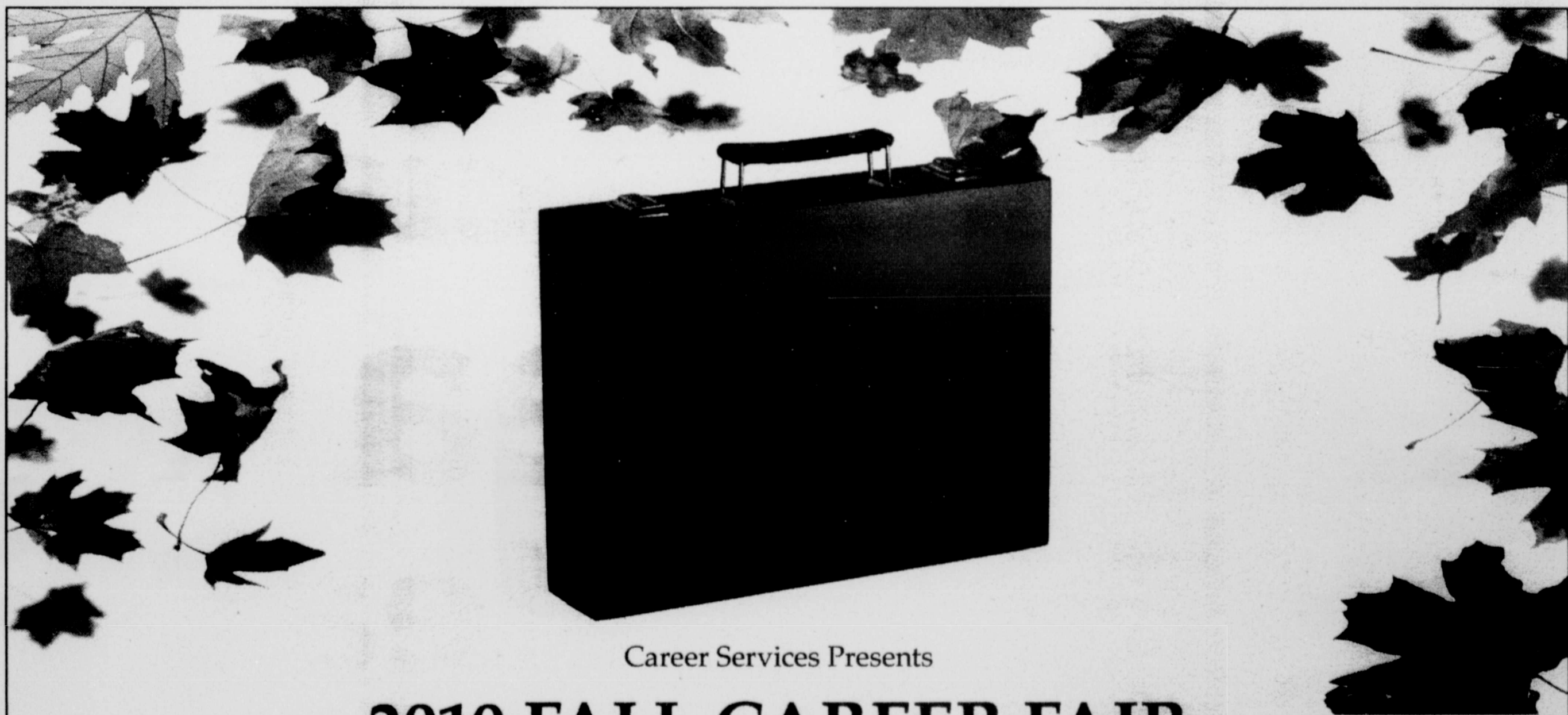
Warning letters for misleading labeling and other violations issued by the FDA's Center for Drug Evaluation and Research jumped from 24 in 2005 and 21 in 2006 to 103 in 2009.

The agency has refused for now to ban the controversial plastics additive bisphenol A, calling for further study; it has also declined calls for sharp restrictions on antibiotics in food animals in favor of recommendations to limit the use of the drugs to promote growth.

David Acheson, the FDA's top food safety official during the George W. Bush administration, contends that the agency is overzealous in pursuing allegedly bogus health claims made by food producers.

The new activism at the agency has put industry on alert. Last fall the FDA ordered treatment of Gulf Coast oysters to prevent bacterial contamination. Oystermen descended on Capitol Hill, saying that treating the mollusks would increase costs and ruin their taste. Representatives forced the agency to back down.

The agency proposes to do more to increase transparency, including releasing information about unapproved drugs and medical devices and other currently confidential data, which is likely to trigger industry opposition.



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Military hearing in Washington this week will rule on incriminating evidence from November 2009 Fort Hood attack

Richard A. Serrano

TRIBUNE WASHINGTON BUREAU

Alma Nemelka said her nephew was the first to die. He was standing at the rear of the Soldiers Readiness Center at Fort Hood, Tex., when an army officer burst in shouting, "Allahu Akbar!" Pfc. Aaron Thomas Nemelka, 19 and soon to be deployed to the Middle East, was shot in the head.

On Tuesday, the man accused of killing Nemelka and 12 others, Maj. Nidal Hasan of the Army Medical Corps, will appear for his first broad military hearing into the November 2009 attacks.

Hasan, a psychiatrist and a U.S.-born Muslim, was shot during the attack and is paralyzed from the waist down.

The hearing, called an Article 32 proceeding, is expected to last four to six weeks. Similar to a grand jury hearing but open to the public, it is designed to help the top army commander at Fort Hood determine whether there is enough evidence to court-martial Hasan.

Nearly a year after the shootings, fundamental questions linger. Was Hasan another "workplace" violent offender? Was he a radicalized

extremist who should have been removed from the military? Was he a tool of radical Islamic leaders abroad who reportedly were in contact with him and spurred him on, and who immediately applauded the shootings?

In Washington, the Senate Homeland Security Committee is close to finishing its investigation into failures in the military and federal law enforcement that allowed Hasan to slip through the system.

After initially issuing subpoenas for information, the committee has held hours of private briefings with military investigators and FBI agents to piece together Hasan's military career and examine what the Army and law enforcement knew, or should have known, about his intentions.

Their findings, targeted for release in the midst of the Fort Hood legal hearing, are expected to call for major changes in how the Department of Defense polices its own.

"Our investigation into whether our government could have done anything to prevent the Fort Hood murders, based on what was known about Hasan, has been difficult but it is coming to an end," said

Sen. Joseph Lieberman (I-Conn.), the committee chairman. The final report, he said, "will reveal new information."

In 2001, Hasan attended a mosque in the Falls Church, Va., area, where the imam was U.S.-born Anwar Awlaki — now believed to be in Yemen with a U.S. bounty on his head. In the months before the Fort Hood shooting, Hasan reportedly sent Awlaki more than a dozen e-mails, some asking when jihad was appropriate.

"I can't wait to join you," he allegedly told Awlaki in those e-mails.

U.S. authorities intercepted the e-mails but reportedly considered the correspondence part of Hasan's research on post-traumatic stress syndrome.

Hasan also was closely reading Awlaki's writings on the Internet. In one posting, Awlaki blogged about the need to fight against "government armies in the Muslim world," and proclaimed "blessed are those who fight against" American soldiers.

After the shootings, Awlaki praised Hasan. "Nidal Hasan is a hero," he said. "He is a man of conscience who could not bear living the contradiction of being a Mus-

lim and serving in an army that is fighting against his own people."

Hasan spent several days in a coma after being wounded during the Nov. 5 attack at Fort Hood. He was hospitalized at Fort Sam Houston in San Antonio, then taken to a specially built jail cell in Bell County near the army base. There, he has been preparing for the Article 32 hearing, where he is charged with 13 counts of premeditated murder and 32 counts of attempted premeditated murder.

With scores of witnesses prepared to identify Hasan as the shooter, his lawyer, retired Army Col. John Galligan, faces a difficult task. He declined to outline what defense he might use, but noted that he is not required to present any evidence or testimony. But the last 10 days of the hearing have been set aside for a defense if he chooses to mount one.

Last week, Galligan objected to a mental exam for Hasan, saying it should occur after the Article 32 hearing. He also objected to the composition of the three-person "sanity board."

But the Associated Press reported that Col. Morgan Lamb, a Fort Hood brigade commander overseeing Hasan's case, ordered that

the evaluation be done before the hearing.

Galligan has asked for more time to prepare Hasan's defense but cannot get the Army to postpone the hearing. He said the Pentagon has withheld key documents, including internal records showing they were aware of Hasan's behavior and activities. And, he said, the Army is intent on convicting him at any cost.

"He's not charged with any terrorism offenses, but that's how he's being displayed," Galligan said. "I've never seen a man railroaded like this guy."

The families of his victims believe he was cold-hearted.

"There is no way I think this man is insane," said Sheryll Pearson, the Bolingbrook, Ill., mother of Pfc. Michael Pearson, 21, who was also killed that day. "He had a plan, and he carried it out. That is not insanity."

In West Jordan, Utah, Alma Nemelka is watching the case closely and hoping for the death penalty.

"He knew what he was doing, he wasn't crazy," she said. "It was purely premeditated the way he walked in the door and my nephew was the first one to get shot."

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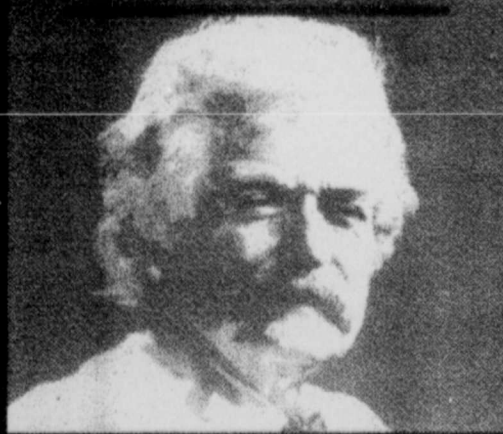
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Expressionists Club presents 're:Cultivate' at UU Gallery

Jessica Tam

JESSICATAM.MD@GMAIL.COM

Cal Poly's Expressionists Club will be presenting "re:Cultivate," a photography exhibit that captures the growth and process of mud art from the club's "Cultivate" project, created in spring 2009. The club's exhibit premiered for the first time outside of the Robert E. Kennedy Library, and will be shown throughout the remainder of the quarter at the University Union (UU) Gallery.

The Expressionists Club is an art organization on campus whose members strive to promote creativity and originality in the forms of painting, drawing, sketching and spray painting. "Cultivate" is a presentation put on by the club that employs the use of sustainable stencils; the stencil pattern was created by the members of the club using plastic and reusable material.

In fact, the flower stencils were first shown on campus, on the grounds of the library atrium. Using clay slip, a mixture of clay and water to form a decorative coating liquid, the club applied all of the different patterns around the ground surface. At the same time, photographs were taken showing the growth, process of making and the details of the artwork.

"We started 'Cultivate' at the library. We essentially just painted on the ground," said Cal Poly architecture junior and president of the Expressionists Club, Renee Jain. "We also had two people there taking photos, documenting the entire process of us actually creating the artwork at the library. So this project going in the UU Gallery is the pho-

tographs from that. It is this response through photography, a response to 'Cultivate.'"

The response to the Expressionists' art mural by Cal Poly's commitment to sustainability.

"We were inspired by agriculture, nature and all the things that go on here at Cal Poly, so we decided to do a sustainable exhibit," Jain said.

"We did this project revolving around flowers, so everyone in our club drew some sort of flower and created a stencil out of that — a flower, leaf — things like that," Jain said.

The photographs featured in the exhibition represent the work that the club put together, and they are ready to present it to students and the public this quarter in the UU Gallery.

"'Cultivate' was the first project that changed from the time it was first put up to the time it was taken down," said materials engineering junior and vice president of the Expressionists Club, Buddy Bump. "In other words, it was our first 'growing' project. All of our other projects remained the same from their installation. Furthermore, the project is an illustration of how art should be valued and shared. The Expressionists Club hopes to promote art and impart its significance to the community."

"(The club) is an interdisciplinary club (for those) who want to do art and who want to appreciate art. It is more about bringing art into campus and into San Luis Obispo," Jain said.

But it appears as though art is already a popular subject around cam-



JESSICA TAM MUSTANG DAILY

The Expressionists Club created flower stencils and used clay slip to present it in the Robert E. Kennedy Library atrium.

pus.

"I heard about 're:Cultivate' and wanted to see it for myself," said communication studies junior, Ruben Custodio. "I like the organic concept to it and how it was drawn (on the ground) at the library. It is a different form of art, not something normal just drawn on a piece of paper."

Students were able to witness the process of putting the organic graffiti on the library atrium ground through black and white photos, as well as the final transformation.

The UU Gallery, located in the Epicenter, is open Monday through Friday from 10 a.m. to 2 p.m. during fall quarter.



JESSICA TAM MUSTANG DAILY

The Expressionists Club introduced mud art with its "Cultivate" mural.



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Freshman Column

Freshman's first night out turns journey home into war zone

Moving away to college is a turning point in life for most students. Many adjustments are made, and students must adapt to their new lives away from the comforts and rules of home.

Whether it is struggling with a roommate or coming to fully comprehend the dedication and time it takes to study adequately, college is a time of new beginnings and learning lessons — oftentimes the hard way.

I had awaited this time in my life for years — the time when I would move away from home and go to college was finally here.

Although I was thoroughly excited about moving away, I didn't know

exactly what to expect. I wondered if I would successfully make friends, how rigorous my studies would be and what life in general would be like.

Being here at Cal Poly has been amazing so far — and my experience is just getting started. I feel adjusted, but also realize that I have a lot left to learn.

Take last weekend, for example.

There I was, standing outside in the frigid, chilly night wind that swirled violently and pushed temperatures to a less-than-comfortable level.

My dirty feet were bare, I was out of breath and I had just decided

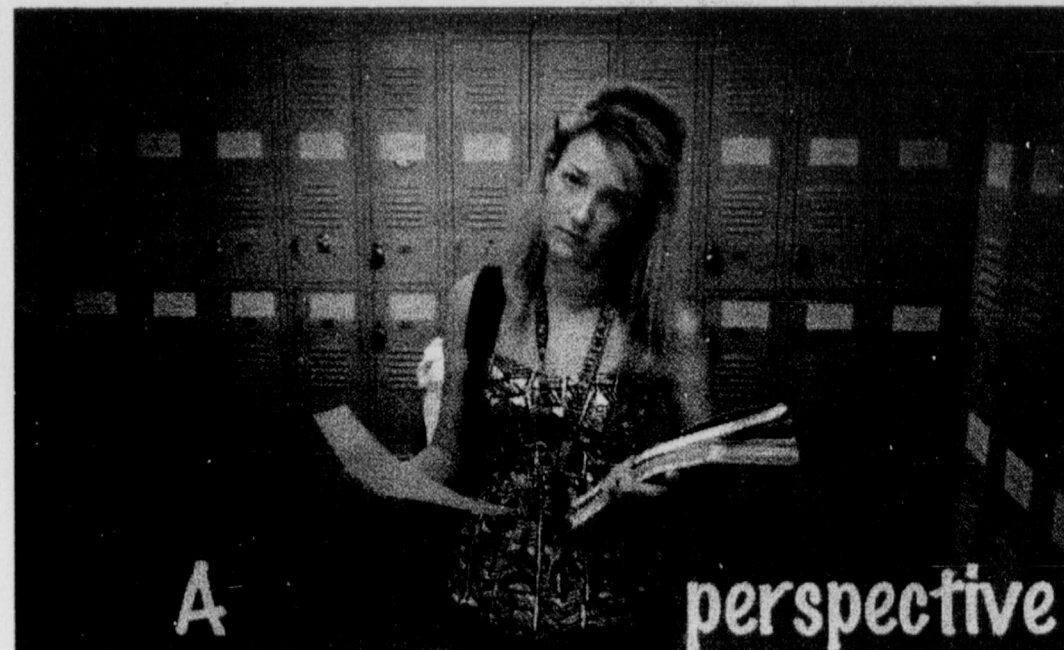
that the gruesomely bruised-up leg in front of me did, in fact, belong to me. I might have resembled a person who had recently become homeless.

How did I get myself into this situation?

It all began with an evening out at a party that a few of my friends and I had been invited to. Even though my night ended barefoot, I did put on a pair of comfortable flip-flops before the party, along with a simple top, shorts and a light sweater.

After a couple hours of movin' and groovin' on the suffocatingly hot and sweaty dance floor, I stepped outside with my friend. I had no idea that things would soon take a turn for the worst.

As I stood there chatting with a friend, a girl approached me and ac-



and there was a bit of dancing and socializing left to do — or so I thought. Then I heard the news: the party was being shut down by the police after a noise complaint.

with several friends by my side, I vowed to never get myself into this type of situation again.

I am constantly reminded to think before I speak. But I've come to find that what is more important is to think before you act — a realization that hit me late that night during my painful and humiliating barefoot march.

NOTE: Join me each Monday as I continue to share my stories with readers about the unpredictable life of a freshman.

Sydney Ray is a journalism freshman.

“It all began with an evening out at a party...”

— Sydney Ray
Freshman columnist



picture of the day
by Krishna Agatep

“Oldie but Goodie”

cidentally stepped on the top of my shoe. My initial reaction was to lift my foot, which caused my flip-flop to break.

At that moment, something snapped. Suddenly I was in a rage, and I felt the need to rip my shoes — both the normal sandal and the broken sandal — off my feet and throw them over the fence.

I immediately realized that this was the absolute least logical thing I could have done at the time. This did not only result in me as a pathetic, barefoot fool, but also a very frustrated one.

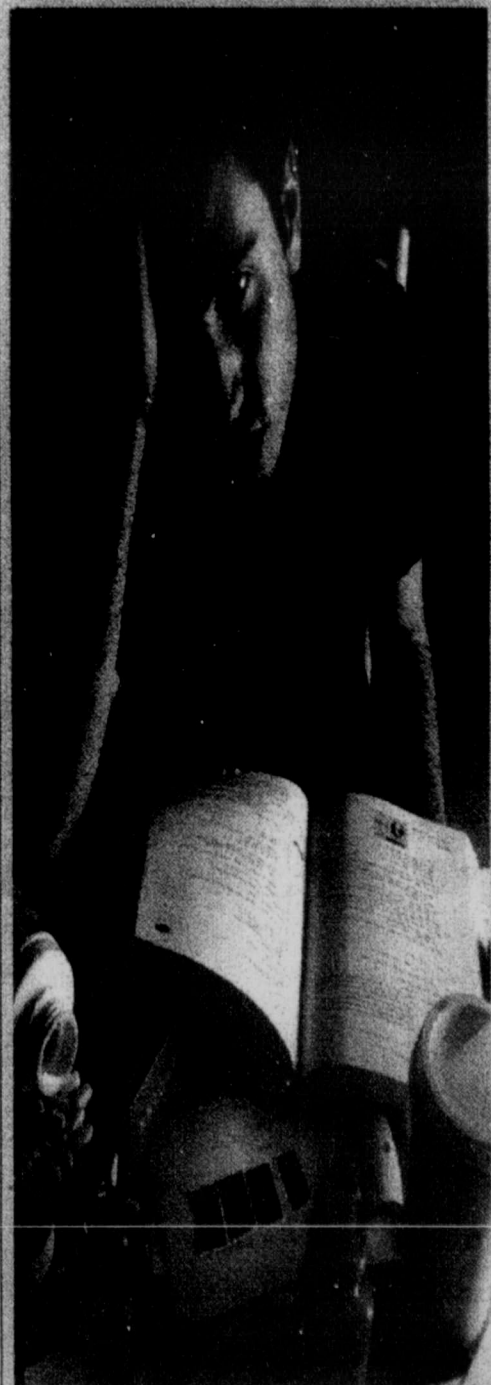
I tried to stay positive though, knowing the night was still young

I hopped on the back of a kind friend who offered to carry me to the side of the house by the fence. I soon learned the only way to avoid being questioned by the authorities about the noise was to hop the fence into the front yard. We had no choice.

So over the fence I went, but I didn't get away unscathed. Despite the help of my new tall, muscular friend who hoisted me over, my leg hit the side of the wooden fence, causing my now-gnarly limb to become scraped and bruised.

At this point, my response became more practical. All throughout the rest of the long trek home, which I proudly endured without tears and

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Mustang Daily

"Pimpin' ain't easy."

editor in chief: Leticia Rodriguez
managing editor: Patrick Leiva
mustangdaily@gmail.com

Recession proving money doesn't equal happiness

The last few years, a difficult economic recession has required many Americans to cut back on unnecessary purchases and leisure activities. The term "stay-cation" has cropped up in many Facebook communications. People are staying at home instead of traveling, to get the relaxation benefits without the expense. Despite the feeling of sacrifice, Americans may be learning important lessons about living in a way that brings greater happiness.

The expression "Money can't buy happiness" is an extremely hard maxim for many to accept. Americans seem to think that if we could just make more money, then we would be happier. The problem is that we tend to overestimate both the happiness associated with good things and the negative feelings associated with life's bad things.

The truth is that people are adaptable and resilient. If there is an annoying light fixture flickering overhead, at first we think it will drive us crazy, but soon we barely notice it. Or we are able to tune out an annoying noise (traffic outside our window or our children playing nearby) and focus on the task at hand.

People habituate easily to distracting stimuli in the environment and are able to focus on important things like school, work, or a conversation with a friend. Indeed, we habituate to most circumstances of our lives, whether good or bad, in a relatively short period and maintain a somewhat consistent level of happiness over time.

While it's true that people get a surge of happiness when they make a big purchase or experience a change in life circumstances — like starting a new job — they soon generally return to their original state of happiness. There are two primary factors that researchers use to explain this phenomenon.

First, there is a strong genetic basis to happiness that determines a person's happiness "set point." We must think of this genetic set point as being like the thermostat in our homes. After the temperature in the house rises (or happiness increases), the heat turns off until the house cools down to the temperature set on the thermostat (the happiness set point).

In happiness terms, this "cooling off" process is referred to as "hedonic adaptation," the second factor in adapting to life circumstances.

People adapt to hedonic pleasures in their lives and return to their baseline level of happiness. This relationship also holds true for society at large, as demonstrated by what's called the "progress paradox": Despite significant progress and economic growth over the past 50 years, happiness levels have remained relatively constant or declined.

The good news is that the genetic basis of happiness accounts for about only 50 percent of people's happiness levels. However, the things that we think would make us happy — such as more money, a bigger house, a newer car, or the latest electronic gadget — really don't contribute that much to happiness. Taken together, the circumstances of life, including wealth, marriage, health, attractive-

Another qualification to the money-doesn't-buy-happiness idea is that there are multiple ways of viewing happiness. Having a higher income is not related to the moment-by-moment positive feelings we associate with happiness; however, it does increase people's overall satisfaction with their lives or view of themselves as successful.

So, if about 50 percent of happi-

The No. 1 predictor of happiness across studies and cultures is good relationships.

Spending time with the people we care about increases positive feelings as well as building social support that we can call on in times of need (a friend to bring us chicken soup when we're sick). This investment in close relationships may have happened out of the necessity of the recession, but could result in unanticipated long-term benefits.

If buying material goods doesn't increase happiness, how can we maximize the benefits of the expendable income we do have? We now know that we will quickly habituate to a large purchase. To offset the tendency to adjust to the positive feelings generated by getting something new, we can make frequent small purchases, such as flowers or a new shirt, instead.

There is evidence that spending money on experiences can increase happiness. Having a picnic or taking a vacation allows us to increase happiness through several mechanisms. First, a shared experience with family or friends can increase the social bonds that are robustly associated with happiness.

Second, savoring the experience in the moment and reminiscing about it afterward are both associated with increased happiness.

We often look back at our experiences with "rose-colored glasses," remembering the positive about the time and the people who shared it with us. Having positive illusions (within reason), rather than dwelling on the negative, is also associated with being happier.

And finally, being grateful for what we have (good friends, our health, etc.), even during difficult economic times, increases happiness. Taking the time to count our blessings and to realize that, while we may not have it as good as we used to, we have it a lot better than most

people in the world — that can put things into perspective.

The bottom line: The things we think will make us happy do not make us as happy as we would think. So the question is, will we go back to our old spending habits after economic recovery? Or will we take to heart the lessons we've learned during this recession, making permanent changes in how we spend our time and money that may ultimately increase happiness?

Holly H. Schiffrin, an assistant professor of psychology at the University of Mary Washington and PCI Certified Parent Coach. She wrote this for the Fredericksburg (Va.) Free Lance-Star.



BARRIE MAGUIRE NEWSART

ness, and education level, account for only 10 percent of our happiness because we habituate to our circumstances. Big changes quickly become a normal part of life, and we return to our happiness set point.

There are a few qualifications to the general rule that money doesn't buy happiness. Money is related to happiness when people do not have enough money to meet basic needs for food, shelter, and clothing and still have a little left over for non-essentials. But a new study by Nobel Prize winner Daniel Kahneman at Princeton University identified \$75,000 (depending upon where you live) as the income above which the relationship between happiness and income basically disappears. More income does not translate to being happier.

ness is explained by our genes and 10 percent by our life circumstances, what accounts for the remaining 40 percent? Researchers are starting to view happiness as similar to weight loss. There is a genetic basis for the weight that each person's body will tend to maintain (again, a set point), which is often higher than we'd like. In order to lose weight, we must make lifestyle changes to diet and activity levels.

Analogously, this same type of intentional activity can increase happiness above the natural set point. The activities that promote happiness are those we have resorted to during the recession because we haven't had as much disposable income as usual, such as staying at home for game or movie nights with family and friends.

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Across

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- 5 "Shut yo' mouth!"
- 9 Sales talk
- 14 Jai ____
- 15 Solo for Pavarotti
- 16 Commie
- 17 Use of a corporate jet, say
- 18 Pepper grinder
- 19 Heavenly harp player
- 20 Green Berets
- 23 Pest attracted to light
- 24 Volcanic spew
- 25 Words before serious, ready or listening
- 28 Fill all the way
- 30 The Peacock Network
- 33 Frenzied state
- 35 Mrs. Dithers in "Blondie"
- 36 Brings up

Down

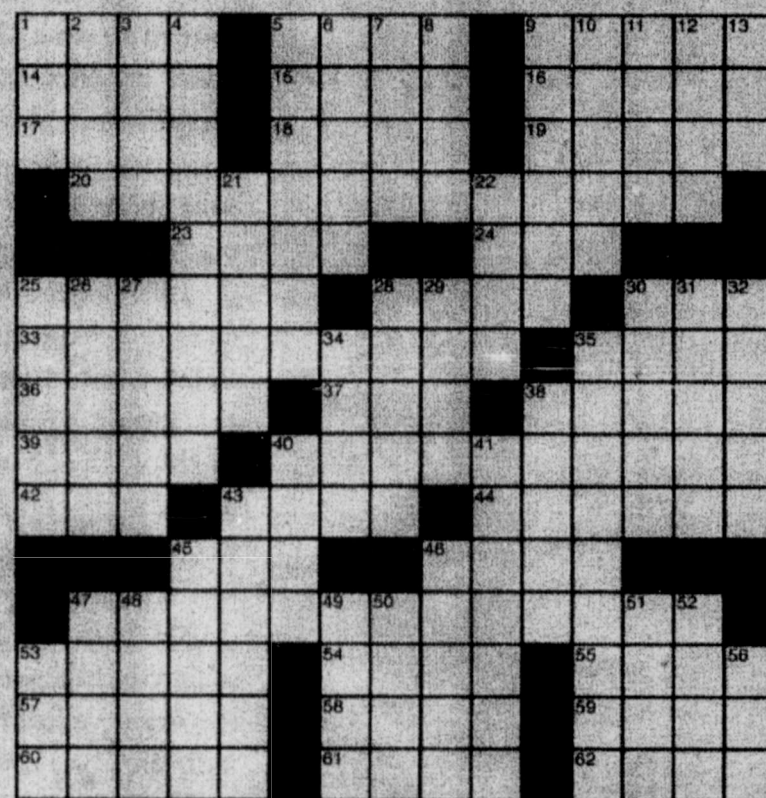
- 37 "Everybody Hurts" band
- 38 Revolutionary War hero John Paul ____
- 39 Las Vegas figures
- 40 Out-of-studio TV broadcast
- 42 Opposite of NNW
- 43 First, second, third or home
- 44 Nuclear experiments, for short
- 45 ____ Lanka
- 46 ____ monster
- 47 Popular date time ... or a phrase that can precede the starts of 20-, 33- and 40-Across
- 53 Chinese province where Mao was born
- 54 Spain's longest river
- 55 Holty-toity manners

Down

- 57 Bandleader Shaw
- 58 Jesus of the 1960s Giants
- 59 It's just a thought
- 60 "Project Runway" host Klum
- 61 Take a breather
- 62 Requirement

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No. 0906



Puzzle by Randall J. Hartman

- | | | |
|------------------------------|---|--|
| 28 Jobs in Silicon Valley | 38 Martial arts champion-turned-film star | 49 "____ Abby" |
| 29 Pinnacle | 40 Lion's home | 50 Up to the task |
| 30 Forbidden acts | 41 Certain game cancellation | 51 Enroll in a witness protection program, say |
| 31 QB Favre | 43 Pacific sultanate | 52 Apple or maple |
| 32 Assignments for Sam Spade | 45 Unflashy | 53 "When pigs fly!" |
| 34 Colored part of the eye | 46 Pita sandwiches | 56 Down in the dumps |
| 35 "Say what?" | 47 "My pleasure!" | |
| | 48 Prefix with knock | |

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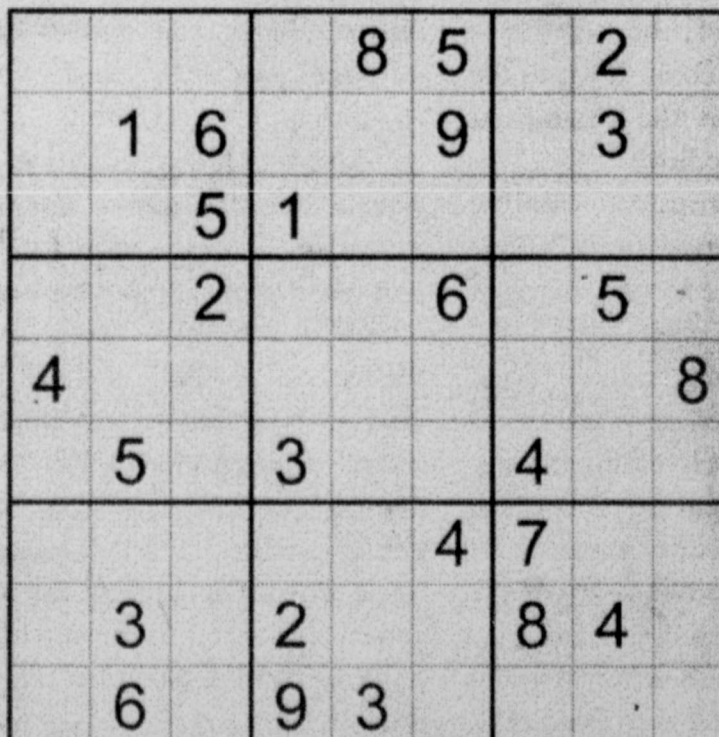
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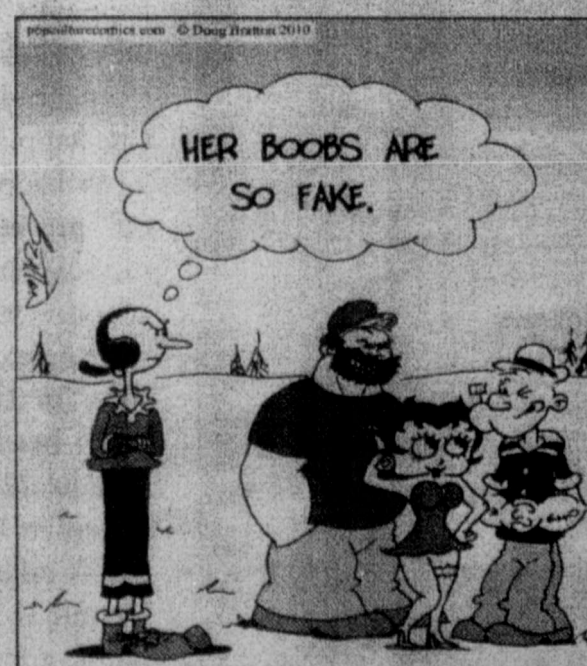
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MUSTANG DAILY



MEDIUM

41



Mustangs go down kicking to Anteaters

Mustang Daily Staff Report
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Despite an early goal, the Cal Poly men's soccer team dropped its fourth game this season to the 9th ranked UC Irvine Anteaters.

Junior Tim White beat goalkeeper Andrew Fontein, who has earned nine shut outs this season, in the fifth minute after

Junior Burgos found White on a breakaway. Fontein would turn away the Mustangs on four other attempts throughout the game, but the Anteaters found their way past Patrick McLain twice. The win moved the Anteaters to 10-1-1 on the season while Cal Poly dropped to 4-4-2.

UC Irvine tended to have a flair for the dramatic on Saturday night, as their first goal came with less than two minutes to play in the first half

and the game winner beat McLain in the 88th minute.

Anteater forward Miguel Ibarra scored his seventh goal to tie the game while midfielder Bello Alhasan snuck a ball between McLain and the right post to give UC Irvine their third conference win, extending their lead in the Big West Conference. The Mustangs are now 1-1-1 in conference play.

Cal Poly head coach Paul Holocher said the near draw to a top ten opponent gave him a reason to be proud of his team, as they held the Anteaters to seven total shots.

Cal Poly will look to rebound against rival UC Santa Barbara on Tuesday Oct. 12 at Harder Stadium. The series is responsible for bringing out some of the largest crowds in collegiate soccer history.

Volleyball splits UC Riverside, UCSB matches

Mustang Daily Staff Report
MUSTANGDAILYSPORTS@GMAIL.COM

UC Riverside:

The Cal Poly women's volleyball team rebounded from their first loss in 11 matches with a four set victory over UC Riverside. Although the team came out slow in the first set, which they dropped 25-22, the Mustangs went on to hold the Highlanders below 18 points in the final three sets.

Cal Poly improved to 14-4, earning their fourth conference win, while UC Riverside lost its 16th match out of 18 total.

The last three sets were controlled by the Mustangs, outhitting their opponent by at least .100 in each, including forcing the Highlanders to commit more errors than kills in the final set.

Back from a broken finger, Dominique Olowolafe had 17 kills and hit .640 over the match. Kristina Graven added another double-double to her total with 15 kills and 14 digs. Jennifer Keddy also helped the Mustangs prevail with 10 kills of her own.

UC Santa Barbara:

The UC Santa Barbara Gauchos stifled a Cal Poly comeback in the fifth set, after the Mustangs won sets three and four after dropping the first two. The Mustangs nearly added their fourth comeback from down 0-2 this season, but UCSB rallied to win the final set 15-10.

The match was close throughout as the first four sets were decided by 11 points total. UCSB held slim advantages in all major statistical categories except kills; Cal Poly had 74 while UCSB had 73.

Nine players finished with double digit kills, four Mustangs and five Gauchos, although Cal Poly freshman Kristina Graven led all players with 24. Graven also recorded her second double-double in as many nights with 15 digs.

Senior Alison Mort led the Mustangs with 19 digs. The deciding statistic appears to have been hitting percentage, where the team who held the lead in that category prevailed in each set. In the second set, the Mustangs

hit .395, an unusually high total, but UCSB responded with a .447 hitting percentage of their own.

However, the Mustangs were vastly out hit in the final set recording a .167 percentage compared to .438 for the Gauchos.

A troubling statistic for the Mustangs is that they have lost more first sets than they have won, 9 wins to 10 losses. Although they have outscored their opponents in every set, the early hole dug by a first set loss will be harder and harder to overcome as the season progresses.

The Mustangs next match is at UC Davis on Oct. 15 where Cal Poly looks to record its fifth Big West Conference win.



MUSTANG DAILY FILE PHOTO

The Cal Poly women's volleyball team defeated UC Riverside (3-1) Oct. 8. The next night the Mustangs fell to the Gauchos (2-3).



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THIS WEEK IN CAL POLY ATHLETICS

FRIDAY

7:00 P.M.

CAL POLY vs.
SOCCER

Women's Soccer Pacific

MOTT MADNESS

9:00 P.M. at Mott Gym



Meet the 2010-11 Mustangs Men's and Women's basketball teams and cheer on the 2 ball competition, 2 point shootout and dunk contest!

SATURDAY

7:00 P.M.

CAL POLY vs.
SOCCER

Men's Soccer #9 UC Irvine

SUNDAY

12:00 P.M.

CAL POLY vs. SEATTLE
SOCCER

Women's Soccer Seattle University



WE ARE THE MUSTANGS

Cal Poly out of rhythm vs. Northridge



RYAN SIDARTO MUSTANG DAILY

Forward Bianca Burright looks to pass the ball off in the Mustangs' game against Cal State Northridge Oct. 10. The team struggled to keep possession of the ball and were out shot eight to three in the first half. The Matadors won (2-0) after goals in the 21st and 77th minutes.

Jerome Goyhenetche

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Cal Poly women's soccer (6-7-1, 1-2-1) struggled to find cohesion in a 2-0 loss to California State University Northridge (CSUN) (8-6-0, 3-1-0).

From the start of the game, Cal Poly was unable to sync their passes and numerous turnovers allowed CSUN to possess the ball for most of the first half and outshooting Cal Poly eight to three.

CSUN managed to score their first goal in the 21st minute after a free kick near the corner was centered to Farryn Townley who assisted Sonia Espitia on her second goal of the season.

Cal Poly's only shot on goal in the first half came from sophomore forward Cici Kobinski. Kobinski's shot, placed in the topmost part of the goal, was grabbed by CSUN goalie Cynthia Jacobo who had three saves in all 90 minutes of the game.

CSUN scored their second goal in the 77th minute off of a header from senior Desiree Cardenas on junior goalkeeper Brooke Gauvin, solidifying their win.

Cal Poly was not able to answer, only producing five shots, with two on goal, in the second half.

Gauvin, who had four saves in the game and 58 in 12 games for the year, said the team needs to regain the focus they had earlier in the season.

"I think we need to start out strong from the start...we need to start connecting more and connecting as often as we can because we're not playing to our full potential," Gauvin said.

In their last two games, Cal Poly has been unable to produce a goal and has only registered four shots on goal.

Cal Poly's biggest challenge will be overcoming recent injuries that have put starters on the bench. Sophomore defender Shandon Rovetta won't be returning for the remainder of the season, while both of Cal Poly's leading scorers, Whitney Sisler and Bianca Burright, have been dealing with injuries of their own.

Burright, who is second on the team with four goals and leads the team with three assists, has sat out each of Cal Poly's last two losses.

Sisler, who leads the team in points (12) and goals (6), has been coming off the bench for Cal Poly while her ankle injury, from the early minutes in the game versus Weber State, has still been bothering her. In the six games before her injury, Sisler had recorded six goals, but since then, she has sat out two games and remained

scoreless in the other four.

Sisler was dismayed by Cal Poly's recent offensive slide and wasn't sure what the cause was.

"I have no idea," Sisler said. "I don't know what happened. I just think we couldn't find what we had before."

Head Coach Alex Crozier recognized where the team needed work and said they were going to make adjustments to compensate for recent injuries.

"We didn't do a good job of taking care of the ball," Crozier said. "A lot of our work rate off the ball wasn't where it needed to be and caused problems. That combined with the fact that injuries are starting to take their toll a little bit on some players we've been counting on. We're going to be looking at changing our formation a bit. Our team has changed since a month ago."

Disappointed with a loss to Northridge, the only conference team they lost to in 2009, Crozier gathered his team around him on the field after the game to tell them that the fight for the Big West Conference playoffs has become dire.

"We've gone from the end of the weekend having a chance to finish top in the league (against Riverside) and now we're fighting for one of the top four spots," Crozier said. "Every game from here on out is a game we need to win. Our backs are against the wall."

Cal Poly's next game will be at home against the Pacific Tigers (4-6-3, 1-2-0), on Oct. 15 at 7:00 p.m.

No. 14 Cal Poly withstands Old Dominion rally Saturday

Brian De Los Santos

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Who said the Mustangs couldn't pass?

After the No. 14 Cal Poly Mustangs (4-2) seemed like they were developing a one dimensional rushing offense, they threw for 212 yards through the air against Old Dominion, fueling a 50-37 win last Saturday.

All year, the Mustangs had never passed for more than 200 yards in a game, but against the Monarchs, the passing game opened up.

Quarterback Andre Broadous connected on 75-yard touchdown pass to Dominique Johnson in the first quarter to give the Mustangs a 17-7 lead. In the second, Broadous connected on another long touchdown strike, a 44-yard pass to Mark Rodgers.

Through Broadous' last two starts, he had managed to compile 97 yards in the air. With his two touchdown passes, he had surpassed that total by 22 yards.

Overall, he finished 11 for 14 for 212 yards and two scores.

His favorite target was Johnson, who caught six passes for 123 yards and a touchdown. The performance was the former UCLA transfer's best game of the season. Coming into 2010, Johnson looked to be the Mustangs' key receiver on the field, but has struggled to find consistency in Cal Poly's offense. As the rushing yards have gone up, Johnson's numbers have decreased.

Before Saturday, he hadn't hauled in more than 62 yards or five receptions all season.

But with Johnson and the rest of the Mustangs' success through the air, it's not to say that Cal Poly didn't stick to its rushing attack.

In the fourth quarter with the Mustangs leading Old Dominion 27-20, Broadous found pay dirt on a two-yard touchdown run to put the Mustangs up 34-20.

After the two teams exchanged field goals, Broadous scored on another run from eight yards out, to put the Mustangs ahead 44-30.

Fullback Jake Romanelli then put the game out of reach with another rushing touchdown, scoring on a 35-yard run midway through the fourth quarter. The score capped a 23-point fourth quarter for the Mustangs.

In the game, the Mustangs racked up 326 yards rushing.

Running back David Mahr led the Mustangs with 156 yards on the ground and a score. Jake Romanelli added 74 yards and a touchdown.

As a team, the Mustangs pieced together 538 yards of total offense.

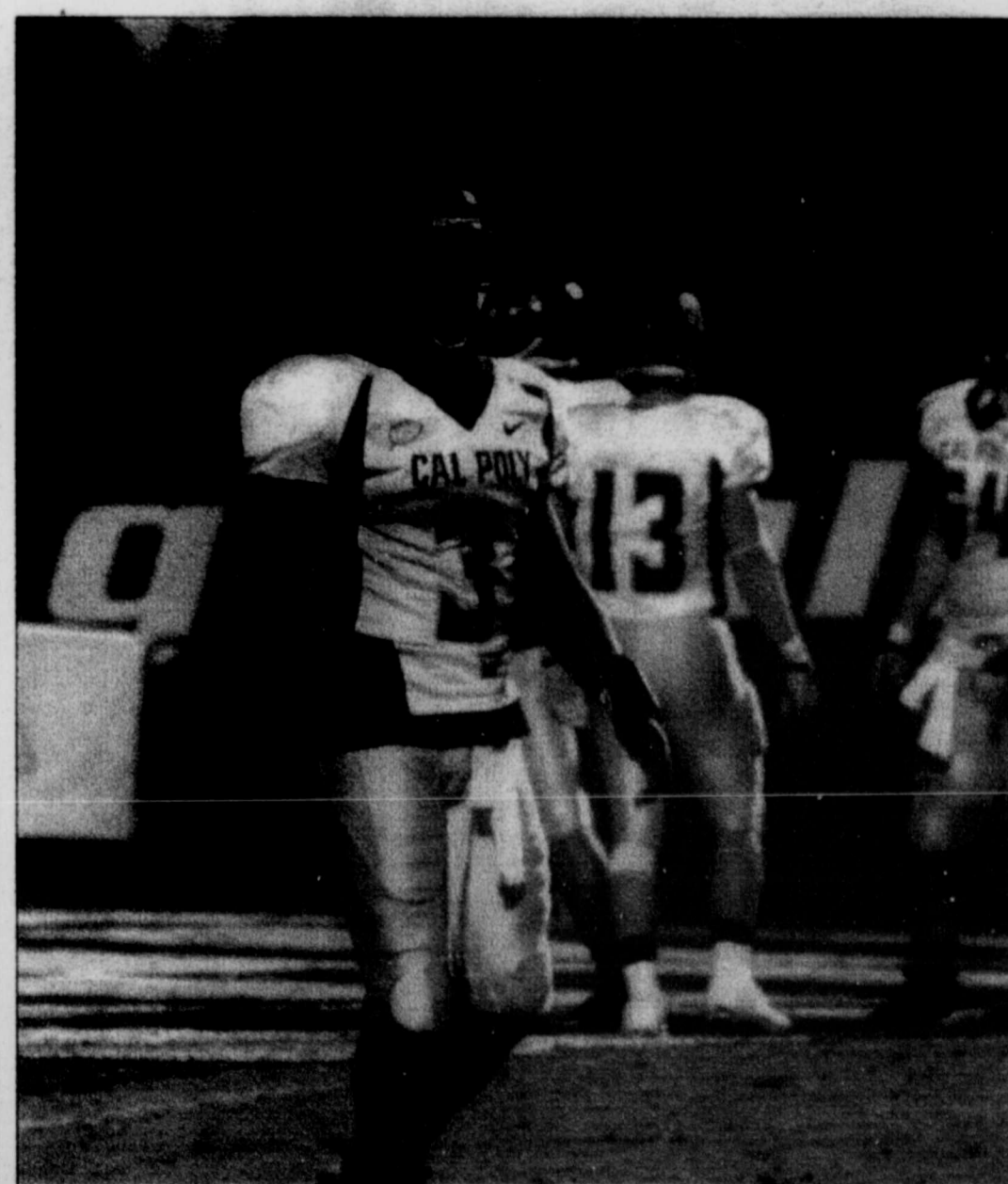
Defensively, linebacker Marty Mohamed tallied a career-high 16 tackles against the Monarchs. He also forced a fumble and recovered it in the fourth quarter.

Cornerbacks Nico Molino and Asa Jackson combined for 18 tackles, with each racking up nine tackles and an interception.

For Old Dominion, Thomas DeMarco led the team in rushing and passing. He ran for 47 yards on the ground, while managing to go 28 of 57 through the air for 327 yards and four touchdowns. He also threw two interceptions.

Prentice Gill finished with a team-high 133 yards receiving for a passing attack that had seven receivers catch multiple passes.

The Mustangs continue their road trip next week against Southern Utah, their final game of their five-game road stretch.



NHA HA MUSTANG DAILY

Cal Poly won against Old Dominion 50-37 on Oct. 9. The Mustangs threw for 212 yards and collected 538 yards of total offense on the night.

su|do|ku

TODAY'S SOLUTIONS

3	4	7	6	8	5	9	2	1
8	1	6	4	2	9	5	3	7
9	2	5	1	7	3	6	8	4
1	7	2	8	4	6	3	5	9
4	9	3	7	5	2	1	6	8
6	5	8	3	9	1	4	7	2
2	8	1	5	6	4	7	9	3
5	3	9	2	1	7	8	4	6
7	6	4	9	3	8	2	1	5